



MACKSVILLE HIGH SCHOOL

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Newsletter

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YEAR 8—UNIVERSITY OF NEW ENGLAND MATHEMATICS CHALLENGE DAY



From left to right: Katerina Brown, Lizzie Smith, Claire Harmer & Evie Smith working together.

On Friday the 14th of May, students from year 8 got up at a ridiculous hour of 4:00am to go on an educational trip to the University of New England in Armidale. Eight students, Claire Harmer, Lizzie Smith, Evie Smith, Katerina Brown, Max Vernon, Nigel Robinson, Sam Robertson and Tavis Hall, were

dubbed the 'mathletes' by the two accompanying teachers, Mr Martin and Mrs Briggs.

The day started with a 3 hour bus trip to the University. As soon as we got there the activities started, well, after the several slightly long-winded speeches.

The first activity was called 'free-for-all' and consisted of solving a variety of different problems. The next activity organised was a head-to-head, which involved two teams from rival schools versing each other in a battle to fill out a table of values. The last activity was a 'smorgasbord' which had problems of 3 different levels of difficulty. By this time we were all rather tired from the early start although we were having a lot of fun and answered over 30 problems ranging from easy to moderately difficult.



From left to right: Max Vernon, Nigel Robinson, Tavis Hall and Sam Robertson on the boys' team.

Soon, the day was nearly at an end, and it was time for winners of the day to be announced. We were all very excited, but neither of Macksville's teams gained a place, although Bowraville, who we were travelling with, came second in the central schools division.

The day ended with a trip to McDonalds and the 3 hour drive home, not to mention Mr Martin driving around Armidale in circles. The whole team would agree with us when we say the day was very enjoyable, and although perhaps we didn't try as hard as we could have, we did a great job.

Thank you to Mr Martin and Mrs Briggs who took us, we all had a great time.

Written by: Year 8 "Mathletes" Lizzie & Claire.

IMPORTANT DATES

JUNE

- 7.....Defence Force presentation—Per.3
-Library for Yr9—Yr12
- 7—10.....Yr11 Dive—SWR
- 7—10.....Yrs 7/8 Half Yrly exams—Stadium
- 8.....Formal Assembly—10.30am Stad.
- 9.....Green Card Yr9/10—Tech.Draw.rm
- 10—11.....Yr10 Geog.Excursion—Scotts Head
- 11.....NC Cross Country—TBA
- 11.....Ausbiota—Coffs Harbour
- 15.....Trout Hatchery—Ebor
- 16.....Country Cup rugby League—CH
- 16.....Yr10 into Yr11 student info after noon—Stadium Periods 4, 5 & 6
- 16.....Yr10 into Yr11 parent info evening—Stadium at 6.30pm
- 18.....Zone School Athletics—NH
- 18.....Yr11 Marine 2—Nam. River M'ville
- 22.....P & C Meeting—6.30pm—Library
- 22.....Zone Boys Softball—Kempsey
- 22—27.....Bi Annual Tangerang Visit—MHS
- 22.....Christian School—P3 Yr9; P4 Yr10; P5 Yr7, P6 Yr8—Stadium
- 22.....Careers/Jobs Expo—CH
- 23.....Country Cup finals—TBA
- 23.....15's Netball—Port Macquarie
- 23—24.....Yr10 into Yr11—Planning Inter views for subject selection
- 25.....Alt. Zone School Athletics—NH
- 30.....NCCHS Lawn Bowls—Tweed Hds.
- 30.....Museum of Hum.Disease on tour—CH

JULY

- 1.....UNI Excursion Yr 12—Newcastle
- 2.....Last day Term 2
- 19.....School Dev'ment Day—student free
- 20.....All students attend school
- 22.....Zone Tennis—Kempsey
- 22.....Senior English/Drama B'ville Theatre
- 22.....Bus.Stud. HSC lecture day—Port M.
- 22.....Maybe Baby—Textiles room
- 27.....P & C Meeting—6.30pm in Library
- 28.....NCCHS Athletics—NH



Macksville High School is seeking students to volunteer to take part in a kidney health study in conjunction with the Centre for Kidney Research at the children's hospital at Westmead.

The ARDAC study (Antecedents of Renal Disease in Aboriginal Children) is investigating the early signs of kidney and cardiovascular disease in both Aboriginal and non Aboriginal children in NSW.

Volunteers are needed from years 7, 8 and 9. We are seeking both Aboriginal and non Aboriginal students as part of the study. All testing will be conducted at Macksville High School by staff from the Centre for Kidney Research from the Children's Hospital at Westmead.

Aim of Study:

1. Determine whether young Aboriginal adults from diverse geographical areas develop an increase risk of chronic kidney disease and cardiovascular disease as compared with non-Aboriginal young adults
2. Determine whether socio-demographic determinants of health have any association with risk for these chronic diseases.

For more information please contact Mark Werner, Aboriginal Community Engagement Officer at Macksville High School on 65681066 (121).

UPDATE RE 2010 LAPTOP CASES

Extract from letter from Dianne Marshall DER Program Director

"After extensive discussions with Lenovo I am pleased to be able to provide the following advice:

- Lenovo will be providing replacement plastic cases to all schools at no cost. Deliveries will commence at the beginning of Term 3. Delivery will be co-ordinated directly with your TSO by Lenovo. Disposal of old plastic cases is at the discretion of principals, the students may wish to keep them.
- If a screen breaks on a laptop and there is no sign of physical damage, Lenovo will replace the screen as a warranty fault - at no cost. However, if there are dents, knocks, broken corners or other signs of negligence then the school will need to arrange a repair at the current rate.
- All blue 2010 Lenovo laptops should be distributed to students without the plastic case. Lenovo will honour warranty screen replacements provided the case is not used."

TRADITIONAL INDONESIAN DANCE TRAINING



Several students from Year 7 are taking time out during their lunch-times to learn 2 traditional Indonesian dances. Tari Saman from Aceh (a special territory located on the northern tip of the island of Sumatra) and Poco Poco a very popular social dance from a combination of islands in the region.

The Year 12 Indonesian Language students have been teaching the younger group and passing on their knowledge and experience of the Indonesian dance. Macksville High will be performing these dances when 30 students from our Sister School in Tangerang, West Java

visit Macksville for a week of cultural exchange and learning from 21 June this year.

Our dance group will also be heading to Sydney on the 17th August to again show their talent with a performance in front of the Indonesian Consulate General for 2010 Independence Day Celebrations.

At left: Karly Wells & Keycee Jeffery practice the Tari Saman in Traditional costume.

COOKING UP A STORM



Above: Di Glennon and Mark Werner helping to prepare Nasi Goreng (Fried Rice)

Year 7 were cooking up a storm in class recently to learn more about the culture and way of life in Indonesia. Students learnt to cook Nasi Goreng or Fried Rice which is actually a breakfast dish in Indonesia. It is traditionally cooked in a wok and is often made from the boiled rice which may have been left over from the previous night's meal. On the menu was also Lumpia or Spring Rolls popular in Indonesia and the Philippines. They can be filled with a variety of fillings, this time it was mince, carrots and cabbage, the experience enabled the students to enjoy a lunch with a difference.



Above: Kaitlin Halverson, Selina Richards, Tanesha Nicholas, Angel-Mae James & Max Castillo-Peltonen enjoy cooking Lumpia (Spring Rolls) with Mrs Gilliland

THE KEMPSEY SCIENCE AND ENGINEERING CHALLENGE



Year 9 & 10 Science students enjoyed a great day at the Kempsey Showground competing in the 10th Anniversary Science and Engineering Challenge. Supported and set up by the Engineering Department from the Newcastle University and West Kempsey Rotary a range of specialised equipment which allows teams to undertake challenging construction and problem solving tasks was made available. This challenge offers a unique opportunity for students to discover some of the exciting work undertaken in Engineering and Science careers.



Macksville competed against Bellingen, Westport, Port Macquarie and Kempsey High Schools as well as St Paul's and Macleay Vocational Colleges. They were competing for a place in the Super Challenge Series to be held in Newcastle and then for a place in the National Finals. Since its conception, more than 100,000 students have participated.

The first half of the day saw Macksville High School (MHS) students participate in 8 different challenges, 3 of these challenges would last the entire day. Up to 5 students per challenge worked on various projects including the construction of a scale model eco friendly house which needed to pass rigorous tests to assess the design's thermal efficiency, water catchment and wind strength. A very popular project was to make an airship, using balsa, tape, helium balloons and propellers. Teams worked together to determine the shape/design, the amount of lift need and to master the remote control to manoeuvre the ship through a series of obstacles.

Other projects included the "Who gets the water" in which both MHS teams came first, this involved a simple circulatory water system where water was transferred from one container to another in the most efficient manner to deliver a designated amount from the top tanks to the bottom, plenty of maths was involved in the challenge.



ElectraCITY trophy winners Isabelle Russell, Ryan Soleckhan, Emily Elliott & Mitchell Rolleston, sponsored by Country Energy.

Outside teams worked on building a catapult with limited resources, showing plenty of ingenuity and a fine example was constructed in the hopes of launching a tennis ball not only the furthest but also with the most accuracy. The major challenge of the day was the bridge building competition; plenty of work went into this prior to the event ensuring the lightest, strongest and most efficient bridge was built. At the end of the day the judging of this event was watched by all who participated, through rapturous applause the (MHS) bridge almost withstood the heaviest of weights the "bridge buster" only failing at the last second.

When final judging took place MHS was excited to receive the ElectraCity trophy. This challenge involved students working on a power board to distribute power to different parts of a mock city. Speed and teamwork was the key to this project. When asked why this team believed it won on the day, a unanimous answer was that they worked together; focusing on each other's strengths and that they were very proud of their efforts, really enjoying the day. The final tally for the day placed MHS 5th overall.

INFORMATION ABOUT NIPS – NON-ATTENDANCE INTERVENTION PROGRAMS

School Attendance

The education of your child starts with regular school attendance. It helps if parents understand that not only whole day attendance is important but also part days (eg arriving late or early leaving). It is also very important that students bring a note outlining why they were late, away or leaving early as this is recorded on their half yearly or yearly reports.

There are 4 categories of absentees:

- whole days with an explanation
- whole days without an explanation
- part days with an explanation (eg. doctor's appointment)
- part days without an explanation (eg. late or truanted)

In NSW all children between the ages of compulsory school age are required to be enrolled in a state or registered school and to attend school on each day that instruction is provided.

The Department of Education and Training operates a School Liaison Program. Home School Liaison Officers are teachers with a range of educational and professional experiences with expertise in the area of supporting attendance and student welfare. Home School Liaison Officers will interview in the near future, identified students with attendance concerns at Macksville High School. Parents of identified students will be notified in writing after the interviews have been conducted.

YEAR 11, 2011 SUBJECT CHOICE

Year 10 students are about to begin the process of planning subjects for Years 11 & 12. A mail-out has been sent to all families this week with full details, it will be very important that all students attend the students' information session on Wednesday June 16 2010 and that parents attend the evening session beginning at 6.30pm.

This will be an important base for the decisions that your students make regarding senior school.

On Wednesday 23 & 24 June 2010, Year 10 students need to attend a planning meeting with a parent/carer.

Appointments can be booked on the information day or by ringing 65681066. Please ignore earlier information about students not attending school on June 23 & 24.

For further details please contact Celestine Porter Burns or Graeme Goodman on 6568 1066.

MACKSVILLE'S YOUNG GUNS LEAD THE WAY!

Friday's zone cross country carnival was a very exciting day for Macksville High as our newest members of the school, showed us their amazing ability and depth in this sport. The school are zone team champions in the 12 Girls, 13 Girls and 13 Boys, as well as the 16 Girls.

Ellie Scafidi (12), Alina Tape (13), and Jacob Simpson (13) all won their events to be named zone champions. These three led their teams to victory. The boys were especially emphatic in their race finishing Jacob (1), Harry Mitchell (2), Clinton Lavender (3) and Max Castillo-Peltonen (5). The other team members of the 12 Girls' team were Caitlin Brown (6), Tori Spear (8) and Mikayla Robertson (17).

The 13 Girls' team is made up of Alina Tape (1), Sophie Atkins (4), Megan

Porter (12) and Ruby Porter (19). Unluckiest runners of the day are Ben Woods, Michael Fowler, Carlie Smith and Deanna Buckley who were part of the 13 years champion teams, but will not compete at the next carnival as the team is limited to 4 runners.

The 16 girls' team with Sharni Tape (3), Jessica Howe (5), Ashley Gregory (7) and Tamara Gallop (8) also performed strongly

Other students who have qualified for the next carnival at Nana Glen in three weeks are:-

12 BOYS – Jack Tonge (5), Alec Baldwin (6); 14 BOYS – Nigel Robinson (7); 14 GIRLS – Brooke Pedrola (3), Kirstie Pedrola (5), Sandi Grant-McDonnell (6); 15 BOYS – Beau Tape (2); 15 GIRLS – Rachel Perkinson (3); 16 BOYS – Jeremy Shrubbs

(5), Brad Wood (6); 17 BOYS – David Gregory (4), Dylan Young (6); 17 GIRLS – Caity Baines (5), Allison Lawler (6)

Well done to all our students who have qualified for the North Coast Carnival. A strong team of 30, and the biggest team that has represented our school in the last few years.

Congratulations to all students that ran at Kendall last Friday. Not only did they run well on a very tough course, but their behaviour and enthusiasm were a credit to every single student down there.

INSIGHTS

by Michael Grose - leading parenting educator



Facing up to Facebook



If you have a pre-teen or a teenager, you need to become familiar with Facebook and other technologies they are using. Ignorance is no excuse these days.

You can tell a person's generation by the questions their kids ask. Parents of the 1950's thought long and hard over issues such as the age their kids left school and when to get them their first bike. Parents raising their kids in the 1990's pondered the age at which kids should receive regular pocket-money and their children's use of video games.

In the noughties issues surrounding communication technology keep many parents guessing. The age when kids start using Facebook and other social networking media is a burning issue for many parents of pre-teen and early teenage children.

Kids know more than their parents when it comes to the Internet and social media according to recent research. The Optus Family Communication survey reveals that over half (55 per cent) of Australian children outsmart their parents in technology knowledge before they are 13 years old. A further 30 per cent of parents admit they are behind their children by the time they are 15 years old.

Facebook, MSN and other forms of social networking media are here to stay, so my advice for parents is to learn about social media, even if you don't want to embrace it. It can be confronting when your child knows more about technology than you, but smart parents these days let their kids teach them what they know about technology.

So if you have a pre-teen or a teenager you need to become familiar with Facebook and other technologies they are using. Ignorance is no excuse these days.

Facebook doesn't permit kids under the age of 13 to access the site for reasons of personal safety. It doesn't require proof of age to access the site, so it's a guideline only. Facebook's recommendations however, may be useful reference points if you are involved in negotiations with your child over using social networking sites.

More importantly, if young people are using Facebook and other networking sites, they need to fully understand the rules of safe use. Here are some tips:

1. Go through the **set-up phase** with your child, including establishing a personal profile. Check out the homepage

of Facebook and other sites, and use their help sections to answer your questions.

2. Help your young person adjust the **privacy settings** so they suit their level of comfort. Review them often.
3. Reinforce with your child the importance of **never sharing their password**, not even with their best friend, a boyfriend or girlfriend.
4. Discuss other **safety tips** such as the types of information and pictures that should and shouldn't be placed on their pages, as well as what to do if someone sends inappropriate information or initiates unsolicited communication.
5. **Monitor** your child's use by making sure the computer they use at home is in a common area of the house.
6. It's reasonable to expect that you should know your child's **password and log-in** details so you can keep a check on their friends from time to time. This type of monitoring is age-related and may well not be suitable for older teens.
7. Consider getting **your own Facebook page** and use it as a way of communicating with your child. This has the added bonus of enabling you to keep one eye on what's happening on your child's Facebook.

Parents of past generations did their best to keep their kids safe as they negotiated a wider world. I recall teaching my kids stranger danger, drilling safety tips into them as they gained more independence.

As a parent you need to help kids navigate safely and securely in an online world, just as you do in an offline world. Know what kids are doing; spend time teaching them common sense, safety lessons and limit their use of technology so that they stay connected to you and others in your family.

Comment: www.twitter.com/michaelgrose

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CANTEEN ROSTER

June

Monday 7 S Compton
 Tuesday 8 M Lavery, M Mason
 Wednesday 9 Z Vernon
 Thursday 10 C Templeton
 Friday 11 G Welsh, Helpers Needed

Monday 14 Queen's Birthday
 Tuesday 15 H Jaeger, C Osgood
 Wednesday 16 Helpers Need
 Thursday 17 D Jackson, J Martin
 Friday 18 G Welsh, A Booker

Monday 21 S Compton
 Please phone Ros on 6568 1453 if you can help at the canteen.

Notices



The second WorkCover Accredited OH&S course (Green Card) is being held at Macksville High School on 9 June 2010. There are few places left; cost is \$95 – permission notes can be obtained from the Careers Adviser, Celestine Porter-Burns.

This course is aimed at Year 9 students thinking about work experience in the construction industry and Year 10 students selecting related subjects in years 11 & 12.

Undergraduate Medicine and Health Sciences Admission Test (UMAT)

What is UMAT? UMAT is used to help with selection of students into medicine, dentistry and health science degree programs at undergraduate level. The 2.5 hours test assesses general attributes and skills gained through experience and learning, such as critical thinking and problem solving, interactions with others, and abstract non-verbal reasoning. It does not measure academic knowledge.

Visit the <http://umat.acer.edu.au> or call **(03) 9277 5746** for further information. Registrations for UMAT are now OPEN, and will close **18 June**. UMAT will be held on Wednesday 28 July 2010.

The next Macksville HS P&C meeting will be held on Tuesday June 22 at 6.30pm in the school library.

YEAR 12 FORMAL

On Thursday September 23 the Year 12 Formal will be held at Macksville R.S.L. Photo Session will be starting at 5.30pm.

Invitations will be printed, Week 1 Term 3 inviting students and parents.

EXCITING OPPORTUNITY

Autumn Lodge is urgently seeking volunteers to assist with their activity programs.

- 1:1 visiting,
- walks,
- craft,
- reading and
- much more.

Anytime you can give will be appreciated. Please contact Sonia on 65985029

Careers & Jobs Expo

FREE ENTRY!

Coffs Harbour Racing Club -
 Tuesday 22 June
 Open 9.00am – 4.30pm

Local Training Opportunities Positions Vacant
 Career Pathways Skills Shortage area
 Apprenticeships Traineeships

2.30pm – 4.30pm Special Session with Guest Speakers

Apprenticeship Centres Group Training Company Job Services
Parents, young people, job seekers, community members welcome!

Macksville High School – Year 10 Students

Will have an excursion to this event – notes available Friday, 4 June 2010
50 Students needed

Exhibitors who have been invited to attend include:

- Housing Industry Association
- Motor Traders Association
- Local Manufacturing Cluster
- Local Retail Traders
- North Coast Institute of TAFE
- Cass Training
- Enterprise and Training Company
- Australian Apprenticeship Centres
- Job Network Agencies
- Hospitality Training Network
- Banana Coast Credit Union
- Aust. Defence Force
- NSW Ambulance Service
- NSW School of Natural Medicine
- NSW Fire Brigade
- NSW Police
- Coffs Harbour City Council
- Members of CH Chamber of Commerce
- Coffs Harbour Health Campus

The Expo will be open to all High Schools within the area bounded by Bowraville, Dorrigo and Maclean.





Macksville High School

"The Opportunity to Discover and Achieve Their Personal Strengths"

As a school we are always trying to improve the way we communicate with our community. We value your feedback and are seeking your opinions on the current newsletter so we can make it more relevant to you.

Please fax the completed survey to 65682802 or return to the Front Office by **18 June 2010**.

Thank you

Lynette Howle, Community Liaison Officer

1. Do you receive the school newsletter? (please tick) ☐ Yes ☐ No

2. Which of the following statements best matches your reading habits? (please tick)

- ☐ I always read the entire newsletter
☐ I only read parts of the newsletter as I find it too long
☐ I never read the newsletter

3. What is the most useful section of the newsletter? (rank in order of importance from 1 to 10)

- | | |
|---|--|
| <input type="checkbox"/> Information about teaching staff | <input type="checkbox"/> School success |
| <input type="checkbox"/> Important dates | <input type="checkbox"/> Educational information |
| <input type="checkbox"/> Sport | <input type="checkbox"/> Notices |
| <input type="checkbox"/> Principal's message | <input type="checkbox"/> SRC Report |
| <input type="checkbox"/> Achievements of the students | <input type="checkbox"/> Community information |

Other:

4. Do you have any suggestions for additional content that you would like to see included in the newsletter? (please tick)

- ☐ Information about specific learning programs, subjects or learning stages

Please state:

- ☐ Information about our teachers
☐ Information about tests and homework

Other:



5. What was the most useful piece of information in the newsletter?

6. What information in the newsletter is most important to you?

7. What information do you most enjoy reading in the newsletter?

8. How would you like to receive the newsletter? (please tick)

☐ taken home by child ☐ email ☐ school website

If you ticked email please supply your email address:

9. Any other feedback?

*We appreciate and thank you for your feedback.
We will be reporting the results of this survey in the newsletter shortly.*